



DR MATTEO
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PLASTIC SURGERY

**KNOW YOUR BREAST
SURGERY OPTIONS**



Like the women who have them, breasts vary in a variety of sizes and forms. Putting body positivity aside, it's not always simple to embrace your inherent beauty. There's probably at least one part of a woman's chest that she dislikes, whether it's feeling anxious about the form of her breasts, disliking how clothing fit, or breasts getting in the way of daily activities.

It can be challenging to choose the proper operation to do in a given circumstance, particularly for those who are unfamiliar with the concept of cosmetic surgery.

In the guide to Breast Surgery Options we cover:

- Breast Augmentation
- Breast Lifting
- Breast Reduction
- Breast Implant Removal

Given the range of cosmetic treatments available, selecting the best one can be challenging for many women considering breast surgery. Patients can select the procedure that best serves their cosmetic objectives by understanding the differences between the various types of breast surgery. Most often, patients get breast surgery to improve or modify the contour of their breasts. Most frequently, this entails the use of implants to enlarge and alter the shape.

Patients may choose a reduction in order to achieve better body proportions. A fat transfer or implant procedure known as augmentation is the most popular kind of cosmetic breast surgery to obtain the desired size and shape. Breast reductions, which remove extra fat and tissue for smaller, perkier breasts, and breast lifts, which tighten and raise existing breast tissue, are other popular operations.



BREAST AUGMENTATION

Breast augmentation continues to be the most common cosmetic surgery operation, according to data from the American Society of cosmetic Surgeons (ASP). In 2022, more than 400,000 women choose this procedure. Breast augmentation with saline or silicone implants may be the best option if a woman's main reason for having breast surgery is to increase the size of her breasts.

Numerous parameters need to be taken into account, including the size, kind, and form of the selected implants, their placement in the chest region (in front of, partially in front of, or behind the pectoral muscle), and the location of the incision. By examining each woman's body type, way of life, and overarching objectives, Dr. Vigo can assist her in making these choices.

For certain people, traditional breast implants may not be the ideal option. For women who want to subtly enlarge their breasts by half a cup to one full cup, fat transfer breast augmentation—also known as fat grafting, lipo-filling, or live fat transfer—is usually a wonderful option.

To remove tiny quantities of fat from hard-to-reach places on the body, fat transfers employ tumescent liposuction, a common procedure for fat reduction. The thighs, abdomen, or flanks may be the source of this. After being cleansed, the fat is cautiously injected back into the breasts in layers to provide the patient's desired form.

Breast augmentation expands the size of the breasts and may also change their shape, cleavage, and curves. Small incisions are made beneath the armpit, in the breast crease, or in the areola to do augmentation, which involves putting fat or implants above or behind the muscle. Implants made of saline or medical-grade silicone are available in a variety of sizes and forms, allowing for almost any outcome.



BREAST LIFT

Breast augmentations and fat transfers are effective in enlarging the breasts, however they are unable to address drooping or sagging problems. Breasts that were formerly firm may get stretched out due to ageing, gravity, weight changes, and nursing, causing them to sag down instead of sitting high on the chest.

Women who have observed severe laxity in the skin of their breasts or nipples that are pointed downward and situated at or below the breast fold may desire a breast lift. Making an incision on the breast, moving fat and other tissues, removing extra skin, and, if required, realigning the nipple are all steps in the procedure. Although the benefits of this cosmetic surgery technique are almost immediately apparent, it does not stop breasts from becoming droopy in the future if there are weight fluctuations or any changes to the skin's elasticity.

As part of a lift treatment, many women will decide to enlarge their breasts using implants or their own fat. You might consider a breast lift if:

- your breasts sag - they've lost shape and volume
- your nipples fall below your breast creases
- your nipples and areolae point downward
- your areolae have stretched out of proportion to your breasts
- one of your breasts falls lower than the other

Not everyone should have a breast lift. You could put off getting a breast lift if you intend to get pregnant in the future. During pregnancy, your breasts may expand, negating the benefits of the breast lift. Although a breast lift may be performed on breasts of any size, the benefits will probably stay longer in patients with smaller breasts. Because larger breasts are heavier, they are more inclined to sag once more.



BREAST REDUCTION

Many women experience chronic back, shoulder, or neck pain brought on by bigger, pendulous breasts. Some women may want to reduce the size of their breasts to ease physical pain or to make them appear more proportionate to the rest of the body. A breast reduction, also known as a reduction mammoplasty, involves making incisions, using liposuction, and removing more tissue to remove superfluous fat, tissue, and skin from the breasts.

Breast reductions can alter the breasts' aesthetics, making them look smaller, firmer, more symmetrical, and more young. Additionally, the size or placement of the areolas or nipples can be altered to better fit the newly augmented breasts.

Liposuction, vertical (also known as a "lollipop") breast reduction, and inverted T (also known as a "anchor") breast reduction are the three most popular methods of breast reduction surgery.

There is no singular best method of breast reduction. Each patient will require a different method depending on their individual needs and goals. The best technique for each patient depends on their initial breast anatomy, the amount of tissue that needs to be removed, and their desired end result in terms of aesthetic appearance. An in-person consultation with Dr. Vigo will guide you to the best decision. During a consultation the surgeon may discuss the following:

- what is your current breast anatomy? (size, shape, type of tissue)
- which type of tissue is to be removed? (fatty, glandular)
- how much of a reduction in size do you need?
- do you want to reduce the size or shape of the areola or nipple?
- do you wish to correct asymmetry in the breasts?
- are you seeking a reshaping or lifting of the breasts?



BREAST IMPLANT REMOVAL

Your present breast implants may need to be replaced, and you may have made the decision to change the size of your implants. You may decide to replace her implants for a variety of reasons, and we're here to assist you in making the right decision.

Many women feel the need to replace their breast implants after many years of use. In a breast re-augmentation procedure, the current implants are taken out and replaced with new ones of the same or a different size.

Medical conditions such capsular contracture, ruptured implants, worries about the integrity of your implants, and implants that have fallen beyond the natural breast crease are a few examples of causes for replacement. There are also aesthetic factors, such as wanting to change the implant's size. Implants that were previously the perfect fit may no longer match your body shape as you age and after giving birth.

Patients frequently decide to remove or replace their breast implants for the following reasons:

- patients are not happy with the size, position or shape or their implants
- lifestyle changes have affected the breast implant appearance
- patients implants have dropped too low on the chest (bottoming out)
- patients are experiencing capsular contracture
- patients implants moved or rotated creating an uneven appearance
- patients implants have settled too far apart
- patients just don't want an implant anymore
- patients may be having another procedure and want their implants updated at the same time.

A BRIEF NOTE FROM
DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



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BREAST AUGMENTATION DUBAI

BREAST IMPLANT
REPLACEMENT OR REMOVAL

To book a consultation with
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